

Cookie Policy

Updated: March 2021 - Version: V1.2.1

Like many companies, AHR Group (we, us and our) use cookies on the website www.ahr-group.com (our site) to collect information that allows our site to work and helps us to enhance your online experience, discover how you use our site, measure the effectiveness of our web pages and understand what information is most helpful to visitors.

This policy explains the type of cookies used on our site and the purposes for which we use them.

We may periodically update the cookies we use and this policy. Please note that if we do, you will be notified when you next visit our site and can view the new policy. You can also revisit this page if you wish to keep yourself informed.

What are cookies?

A cookie is a text file containing information downloaded to your desktop or laptop computer, tablet or mobile device when you visit our site. Cookies are useful because they allow our site to recognise your device.

Cookies are then sent back to our site each time you visit, enabling our site to 'remember' you or your device. A cookie cannot read data off your hard drive or read cookie files created by other sites. When we refer to cookies throughout this policy, we intend to cover all similar devices, including web beacons and log files.

The type of cookies we use

The length of time cookies are stored on your device can vary. However, they generally fall into two categories: session or persistent cookies.

- **Session Cookies** – Session cookies expire when you close your internet browser. We use session cookies to assign and store a session ID to you so that you can move uninterrupted between the areas of our site.
- **Persistent Cookies** – persistent cookies are stored on your computer for extended periods, e.g., 24 hours, a week, or several years, depending on the function they're helping to perform. We use these to help us understand visitor patterns or to provide additional functions.

Social Media Plug-ins

We have also integrated LinkedIn, Twitter & Facebook components on our site. On each page you visit, where the social media plug-in is integrated, your information will be collected, transmitted to, and stored by the provider of that social media plug-in.

The information collected and transmitted includes your IP address, the address of the website where the social media plug-in is located, your browser information, the operating system used and the date and time the website was accessed or activated.

How to manage cookies

We will only set non-essential cookies on your device if you consent. If you are concerned about having cookies on your device, you can use your browser settings to:

- delete all cookies;
- block all cookies;
- allow all cookies;
- block third-party cookies;
- clear all cookies when you close the browser;
- open a 'private browsing' / 'incognito' session, which allows you to browse the internet without storing local data;
- notify you each time new cookies are placed on your device; and
- install add-ons and plug-ins to extend browser functionality.

You can find out more information about controlling cookies from:

- Internet Explorer
- Chrome
- Firefox
- Safari
- Opera

In addition, if you use Firefox or Internet Explorer 11 or later, you can turn on the Do Not Track functionality, which allows you to tell websites not to track you. Google has also published a browser add-on to allow you to choose what information about the websites you visit is sent to Google Analytics. Full details on the cookies set by Google Analytics are published on the Google website.

Please note: If you choose to disable some or all cookies, you may not be able to use our site to its full capability, and some valuable features will not work.

Questions

You can **[contact us](#)** if you have any questions or concerns regarding our use of cookies or want to exercise any of your data protection rights. You will also find more information about how we process any personal data we collect about you when using cookies in our **[Privacy Policy](#)**.

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